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OLIVIA CHOW — THE CHOSEN ONE?

IN DAY 2 OF OUR INTERVIEWS WITH TOP CANDIDATES, CHOW GETS TESTED ON TRANSIT, TRASH AND WHETHER HER NDP PAST MIGHT HURT COUNCIL COHESION PAGE 6

'Canadianize' yourself

Metro looks at immigration, Day 2: Educated newcomers hope to land on 'eligible occupations' list but often settle for survival PAGE 8

Keep your eye on the Birdy

Because she's a talented performer but not the type to seek the spotlight. Use Metro AR to hear her sing PAGE 15

Twenty years after genocide, can we hold to 'never again'?

UN chief speaks at ceremony in Rwanda PAGE 11

ONE SAD SEPARATIST

A PQ supporter listens to election results at the party's election headquarters on Monday in Montreal. The Quebec Liberals surged to an early lead in the polls as votes began to be counted, with CTV declaring a Liberal win less than half an hour after polls closed. PQ Leader Pauline Marois even lost her own seat to the Liberals. Story, page 10. PAUL CHIASSON/THE CANADIAN PRESS

Would more GO train stops ease transit torment?

Train stop, pain stop?

It's one option being considered, but GO's no golden goose: Planner

What if transit relief were as near as the closest GO track?

The Lakeshore East GO train runs directly beneath a pedestrian bridge near Pape and Gerrard. It looks like there's room for a GO platform, with an obvious connection to the Gerrard streetcar.

Why couldn't GO stop there and pick up commuters headed downtown? This kind of question is being asked more frequently as TTC crowding grows.

The city wants to build a relief subway from the Danforth line around Pape or Main to somewhere between Front and Queen. It would reduce crowding on the Yonge-University line and send fewer people through the overflowing Bloor-Yonge transfer node.

Metrolinx, the city and the TTC are already studying possibilities for adding capacity through GO. The second public consultation on a long list of relief options takes place Tuesday, with more to come Thursday and Saturday.

Meanwhile, the city and TTC are looking at potential routes for the relief subway.

GO hasn't looked at adding a stop at Pape and Gerrard. The narrow right-of-way and curve wouldn't be ideal for a stop, said Leslie Woo, Metrolinx's vice-president of policy, planning and innovation. Also, adding a GO stop "is not simply a matter of putting a slab of concrete on either side of the tracks," she said.

Rush-hour capacity on GO is also limited. The trains are often full by the time they get to Toronto, which means that GO would have to expand its infrastructure.

GO has a critical role but it's not the "golden goose," said Toronto chief planner Jennifer Keesmaat.

Given that the Yonge line is already over capacity and there's a pent-up demand for transit in the core, she said, "A relief (subway) line is going to be critical in any scenario."

"GO can only do more if we add more service, add more frequency; adding more stations needs to be looked at."

Toronto also needs to be clear about the role of regional and local transit.

"Of course people who live in the city are completely annoyed that the train is going by their house and they can't get on it," said Keesmaat.

At the same time, is it fair to ask someone who's been on the GO train from Barrie or Hamilton — trips that already take up to 90 minutes — to suffer a longer commute with more stops in the city?

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Chief planner Jennifer Keesmaat
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Cheaper, faster?

Some think GO trains could be a nearer-term, less expensive solution than the $7.4 billion and five to eight years required to build another subway.

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Canada Post

Wh...what missing deliveries?

Canada Post is keeping secret most of the details about its mail delivery problems in the GTA this past December and January — including the total amount of overtime paid out to letter carriers at the time.

The Crown corporation maintains that the amount, as well as most of the content in Canada Post staff emails obtained by the Torstar News Service through a Freedom of Information request, is "commercially sensitive and therefore confidential," said spokesman Jon Hamilton. "Canada Post operates within a highly competitive logistics and delivery industry."

A leading expert said Canada Post does not seem to understand the Access to Information Act. "They say they're in competition, but they have a monopoly, and their sole shareholder is the public, who have a right to this information," said University of Ottawa law professor Michel W. Drapeau, co-author of Federal Access to Information and Privacy Legislation Annotated.

During the 2013 ice storm and the aftermath, people across the GTA complained of going weeks without mail and receiving little information from Canada Post.

TORSTAR NEWS SERVICE

Canada Post trucks at a sorting facility in Mississauga.

FRANK GUNN/THE CANADIAN PRESS

Mystery mayoral attack ad

Thursday, Olivia Chow's mayoral campaign sent out a news release that listed John Tory's supposed ethical transgressions. Friday, an anti-Tory attack ad, seen here, appeared on YouTube. The 60-second video, uploaded by "mentelli," did not identify its creator. Chow spokesman Jamey Heath said the campaign team got to watch it before it was released, but added it was made by "someone supportive" of the campaign. He said Chow will record the market value of the video as a campaign donation.

TORSTAR NEWS SERVICE

Thou art excused from mass: Court

Ruling. Catholic school can't force non-Catholic student to attend religion class, other religious activities

Quoted

"Boards now clearly know their obligations (for exempting non-Catholic students from religious courses) under the Education Act."

Nathaniel Erskine-Smith, Erazo's lawyer

The Ontario Superior Court has ruled that students at a Catholic high school who are entitled to be excused from religious courses must also be excused, as they wish, from religious field trips and mass.

The decision is being hailed by critics of publicly funded Catholic schools, who believe it brings a secular option to a religious school system they feel is a costly duplication of education.

"Parents of Grade 9 to 12 students living in a community where the nearest school, the least crowded school, or the best school is Catholic can now choose that school without fear that their children will be forced to take sectarian (religious) courses and programs of little interest to them," said Leonard Baak, president of Oneschoolsystem.org, which opposes taxpayer funding of Catholic schools. Non-Catholics may attend Catholic high schools, but not elementary schools.

Grade 11 student Jonathan Erazo is not Roman Catholic, but has attended Brampton's Notre Dame Catholic School because his father, Oliver Erazo, felt it was the best school close to their home. In Grade 10, Jonathan asked to be excused from religious classes, and after refusing at first, the Dufferin-Peel Catholic District School Board eventually agreed because Ontario's Education Act excuses non-Catholic high school students from "any program or course of study in religious education" if their parent asks in writing.

But when Jonathan also wanted to be excused from having to attend five or six church services and a religious field trip each year, the school refused, arguing that all students are expected to take part.

Oliver Erazo decided to ask the courts for clarification, and in a recent decision, Ontario Superior Court Justice Ted Matlow agreed with Erazo.

"No Catholic school system that is required by law to admit non-Catholic students should have the right to require participation in such activities (liturgies and retreats)," wrote Matlow in a 16-page decision. TORSTAR NEWS SERVICE

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Liu Jainhui and his wife (name unknown), parents of Qian Liu, outside the 361 University Ave. courthouse after a jury convicted Brian Dickson of first-degree murder on Monday. VINCE TALOTTA/TORSTAR NEWS SERVICE

Guilty verdict in 'webcam' killing

Brian Dickson. Man convicted of first-degree murder in York University student's death in April 2011

A jury has found a 32-year-old man guilty of first-degree murder in the death of a York University student from China.

Brian Dickson's lawyer had argued his client did not mean to kill Qian Liu in her off-campus basement apartment three years ago.

He had urged the jury to find Dickson guilty of manslaughter.

Liu, 23, had been chatting via webcam with her ex-boyfriend in China in the early morning hours of April 15, 2011, when he saw a man force his way into Liu's room and knock her down.

Dickson's lawyer argued the pathological evidence fits with a scenario of Dickson sitting on Liu's chest with her neck cricked while he was "sexually excited."

The Crown's theory was that Dickson — who was a tenant in the same building — forced himself on Liu then killed her by mechanical asphyxiation to cover it up.

THE CANADIAN PRESS

Owner placed online ad

Two men charged after puppy stolen

Two Toronto men are facing charges in connection with the theft of a Yorkshire terrier puppy in Richmond Hill.

York Regional Police say the owner reported the puppy stolen on March 31. The owner had posted an online ad to sell two Yorkie puppies. It's alleged that after a man responded to the ad, three males arrived to see the puppies and while the owner was showing them the dogs, one of the puppies was taken and the suspects fled.

Police say investigators were led to a Toronto residence on Saturday where the stolen puppy was found in good condition.

THE CANADIAN PRESS

Police chief. Blair says fee increase would help clear police check backlog

Chief Bill Blair is recommending increased fees to expedite thousands of police background checks.

After the Toronto Police Services Board pushed the chief to deal with a growing crisis in backlogged requests for vulnerable sector screening — an in-depth check required for work in several public industries — Blair will present a solution at a regular meeting on April 10.

The recommendations include increasing the cost of checks from $50 to $65 for employment and from $15 to $20 for volunteers.

The service could also implement a tiered system, where a background check could be completed within 72 hours at a cost of $110 for employment and $65 for volunteers, Blair wrote in his report.

Earlier, the board asked the chief to look at a maximum two-week wait time as a standard for service.

Chief Bill Blair
TORSTAR NEWS SERVICE

The chief said the only way to achieve that would be to hire 13 new civilian positions — at a cost of $921,000 annually.

That expense, however, would be covered by the revenue from increased costs to the public, Blair wrote.

TORSTAR NEWS SERVICE

Ford dodges latest query on illegal-substance use

City hall. Mayor denies he was drinking on night of Leafs game

Asked if he was high on drugs Saturday night, Mayor Rob Ford quickly said no. But when asked if he continues to use illegal substances, the mayor refused to answer.

A little after noon on Monday, Ford held a press appearance outside his office to address allegations that he might have been intoxicated and "belligerent" at a Maple Leafs game Saturday night.

"Mayor Ford, you said you weren't drinking. Were you under the influence of any drugs?" a reporter asked.

"No I wasn't. Not at all," Ford replied.

But when he was asked a follow-up — "Are you still using drugs at all?" — the mayor chuckled.

"You know what — I'm not even," Ford said. "You guys ask stupid questions."

When asked why he wouldn't answer the question, Ford turned and walked back into his office.

Speaking to reporters Monday, the mayor said he needed to "clarify" some of the "rumours" and "innuendo" circulating about the weekend.

"I went to a game on Friday. Went to the game on Saturday. I'm upset that the Jays lost and the Leafs lost, but all these innuendos that people are making that I was drunk — I wasn't drunk at either game," Ford said. "I never got kicked out of the game. Again these are rumours. I don't know where you're getting them from. I had a great time," Ford said.

Ford said it was his "personal opinion" that his vote against funding an expansion of BMO Field — where Maple Leaf Sports and Entertainment's Toronto FC currently plays — was the reason he was barred from the private Director's Lounge, "but maybe it wasn't."

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Rob Ford at the Air Canada Centre Saturday night. INSTAGRAM

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Wynne says she won't seek damages over gas-plants remarks

PC Leader Tim Hudak told reporters, "This is as much Kathleen Wynne's scandal as it is Dalton McGuinty's." CHRIS YOUNG/THE CANADIAN PRESS FILE

Just say sorry.

Premier Kathleen Wynne suggested Monday she will not seek damages in a libel action against Progressive Conservative Leader Tim Hudak for charging she "oversaw and possibly ordered the criminal destruction of documents to cover up the gas-plants scandal."

"It's very unfortunate," she said Monday as Hudak again refused to back down but notably refrained from repeating the controversial statement and others Wynne and her lawyer describe as "defamatory."

"I would hope that he would take action to retract and to remove all of the allegations that he has made," Wynne added during a visit to a seniors home, admitting it's unusual for a premier to threaten a libel suit against a rival.

"I don't do it lightly," said Wynne, whose minority Liberals may face a spring election.

"But I do believe we should deal in matters of fact."

Wynne has repeatedly asked for a retraction of alleged defamation on the PC party website linking her to the wiping of computers that the OPP claims occurred from Feb. 6 to March 20, 2013, in the final days of her predecessor Dalton McGuinty and the first few weeks of her administration.

"We are not going to be intimidated by a series of angry letters coming from Kathleen Wynne and the Liberals," said Hudak. TORSTAR NEWS SERVICE

Testimony

A legislative committee investigating the gas-plants scandal will hear testimony Tuesday from the province's chief corporate information officer, David Nicholl, who will be asked about his role in approving a special computer password used to wipe clean hard drives in the premier's office.

TORONTO VOTES 2014

JESSICA SMITH CROSS
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DAVID VAN DYKE/METRO

OLIVIA CHOW

We took questions on social media hashtagged #MayorQs and put them to four of the top mayoral candidates at the Metro office last week. This week, we're publishing the news and analysis. For video highlights, go to metronews.ca.

"WE CAN DO BETTER"

If Olivia Chow had time to show a friend from out of town only one intersection in Toronto, she'd take them to Jane and Wilson, to demonstrate that, as a city, "we can do better."

Metro asked each of the candidates this hypothetical question about what intersection they'd show a friend who'd never been here before, because we wanted a chance to see the city through the candidate's eyes.

"That's an area that would need a lot more public transit, needs more buses," Chow said, of Jane and Wilson. "There are lots of families there. Kids with moms and their strollers. That area needs more support. Both in the Jane corridor, creating jobs for the area, making the area more child-friendly, more buses that can transport people faster. That would be the corner that I would pick to show that we can do better."

Jane and Wilson is where Chow announced her platform position to boost bus service in Toronto by 10 per cent and inject $15 million into the TTC. The other three candidates we talked to picked more iconic intersections downtown.

Chow's transit plan differs from her opponents, who've accused her of not focusing on building a downtown relief line. Twitter user @marythynes wanted us to ask Chow when she'd get the downtown relief line built.

Chow said the city and Metrolinx projected it could be built by 2031, but it could "perhaps" be built faster.

"We need to sort out where the stops are and where the routes are," she said. "We look at the technology, because that contributes to the decision, and lastly, the funding. That's the most important. But, the shovel won't hit the ground for about eight years, I think. Now it could be faster, it could be four years, but certainly not this upcoming term."

Chow has also taken heat from her opponents for wanting to maintain public garbage collection east of Yonge. For example, John Tory accused her of being "hidebound" to her "union friends" on that issue in the first debate.

Chow told Metro her party and union connections aren't factors in her decision on the issue, and offered an unusual definition of the concept of a monopoly.

"No, I believe in competition, I don't believe in monopoly. Monopoly is not a good way to go if you want to have markets decide. Right now you have competition going on, the public and the private competing with Yonge being in the middle. And let's see who offers the best service," she said.

Asked whether she'd support public and private competing in a bid process, she said: "We are competing. The left side and right side, I mean east and west.... The competition is a very clear competition. If you eliminate that competition, then it becomes a monopoly."

Chow's rivals have accused her of being partisan because of her years as an NDP MP, and have said she'd be a divisive mayor.

In response, Chow cited all her work with conservative Jason Kenney when he was immigration minister, and with conservative former mayor Mel Lastman to show she can work with others.

"Name-calling different parties — you do this, you're NDP, you're Liberal, you're Conservative — it's just not a constructive way to go," she said.

"And that's very divisive, by the way, and being divisive is the last thing we need after the last four years. No more division. Enough."

But Chow's campaign has gone negative as well, repeatedly attacking John Tory and also reportedly connected to an online attack ad.

PLATFORM

Olivia Chow is the former MP for Trinity-Spadina and a former Toronto city councillor

- Supports an LRT rather than a subway in Scarborough.
- Advocating more bus service rather than campaigning on building a downtown relief line
- Wants to boost jobs by keeping small-business taxes low and streamlining the business-permit process, and offer a program to pair up immigrant-run and established small businesses
- Wants to keep public garbage collection east of Yonge
- Proposes expanding after-school care

Analysis

Chow's platform missing the numbers

MATT ELLIOTT
metronews.ca

Olivia Chow is running a calculated and confident campaign, one engineered to draw votes from across the political spectrum. Looking at where the polls are today, the plan has a decent shot of working out for her.

But her "big tent" approach doesn't come without risk. In trying to reach out to voters, Chow is attempting to brand herself both as a cost-cutter who will keep taxes low and as someone who wants to reinvest in public services.

Chow's problem is that the math behind that approach doesn't really add up. The city budget is a complex beast, but there's no avoiding these simple realities: you can't get investment in the city without money, and you can't get money without taxes.

We asked Chow about all this during her interview at Metro, reading a question submitted by @alexnaylor. He wanted to know how she'd deliver on her pledge to keep property taxes to around the rate of inflation, given that the city manager recently issued a warning saying that won't be possible without service cuts.

"I think it's doable. We just need to have the courage to say yes to good investment and the strength to say no to those that are not good investments," she said, pointing to the Scarborough subway as a bad investment.

But Chow's campaign has been all about the need to create more jobs, improve childcare and make transit better. Surely that means she thinks the city has been underinvesting in those areas, right?

"Absolutely, absolutely," she told us. "The childcare fees have gone up, for people who've become parents, recreation fees have gone up, TTC fares have gone up several times and the service has gone down because of the crowding situation. That's just not good enough and we can do so much better."

OK, but how can we do better while still keeping property taxes to around the rate of inflation? Chow told us repeatedly that she could make it work. That she has a track record of working with others and getting things done.

Maybe so, but what I'd really like to see are her numbers.

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See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

CANADA CAN'T ALWAYS GET WHAT IT WANTS

Our nation prefers immigrants from specific professions, but most don't fit the narrow bill, and face challenges seeking employment.

Shirley Edwards, 50, born in the U.K., isn't exactly the kind of immigrant Canada's looking to attract. She was forced to reinvent herself to find success in the country. CONTRIBUTED

The Story of Us
Immigration in Canada

Adaptability. Many educated newcomers must reinvent themselves in order to find success

MIKE DONACHIE
Metro in London, Ont.

Engineers. Give us engineers.

That's the message that flashes before the eyes of any immigrant who takes a look at the list of 24 "eligible occupations" on the website of Citizenship and Immigration Canada, the federal government agency charged with making sure Canada gets the immigrants it needs.

And there are many types of engineers: Civil, mechanical, mining, petroleum, aerospace and geological. Then there are the medical lab technologists, physiotherapists, sonographers and similar health care workers. Land surveyors are on the list, too, and computer programmers.

Those 24 eligible occupations, each with 300 spaces to fill every year, will get you into Canada as part of the federal skilled worker (FSW) program, even if you don't have a job lined up.

But, instead of a large crop of engineers, Canada's attracting more immigrants along the lines of people like Shirley Edwards.

A highly qualified teacher from the Carlisle in northern England, Edwards came to Canada in 2005, and, simply put, it's been a struggle.

The Calgary resident gained entry to Canada as the wife of a police officer who was headhunted in England, and thought that, with vast experience and two degrees, she would find a job here easily.

She was wrong.

After six years, she had applied for 400 jobs that suited her qualifications and had been invited to exactly zero interviews.

"I gave myself three months, and, if I hadn't found something in three months, I would have to go back to the U.K.," said Edwards, 50, who was by then single and working what she called "a survival job" in a retail store.

What she found was she needed to, in a word, "Canadianize" herself to succeed.

With help from the Calgary Region Immigrant Employment Council, a non-profit that specializes in helping skilled newcomers find the right role, Edwards learned a lot.

She started networking and volunteering, and made her resumé "more Canadian," changing small things like her British email address.

Eventually, it worked.

Now, she's using her skills at the Bredin Centre for Learning, which helps immigrants find jobs.

And on March 26, she and her 12-year-old son took their oaths to become Canadian citizens.

"People need to accept that they will not be working in the place they expect," Edwards said.

So, does the reality of economic immigration reflect the government's desire? In a word: No.

A breakdown of last year's 257,887 new permanent residents by occupation, obtained from the CIC, shows that just 65,330 were qualified in the government's much sought-after list. Another 12,609 were clerical workers, labourers or something similar.

The rest, some 179,948? They were classified as "other."

"Other contains a diverse range of occupations," said a CIC spokesperson. "For example, it could be a spouse (a homemaker) and two children of a principal applicant, or it could be individuals admitted through a software pilot program, or whose occupation is not captured in National Occupations Classifications."

Whatever the explanation, it's clear that most people coming to Canada aren't engineers.

Brain waste

The selection process

Sociology professor Jeffrey Reitz, of the Munk School of Global Affairs at the University of Toronto, thinks Canada has the wrong focus when it comes to immigrant employment.

Because most immigrants' work experience doesn't match the list of jobs the government wants filled, the focus should be instead on getting more newcomers' qualifications validated, he says.

He studied trends in the success of immigrants with university degrees and discovered that educated newcomers are facing increasing difficulty in landing professional or management jobs.

He found that 70.7 per cent of educated, Canadian-born men were in a high-level occupation in 1996, but only 50.4 per cent of immigrant men with similar backgrounds could say the same. By 2006, that figure for Canadian-born men was similar, but for immigrants it was down to 43.5 per cent.

Reitz calls it "brain waste."

"Part of the concern is that, since about 2005 or (2006), we've shifted away from focusing on the problem by selecting immigrants differently, getting away from university education and trying to get immigrants who already have jobs to come into the country."

Reitz wants to see more services that validate the qualifications immigrants already have.

For example, the organization World Education Services will certify credentials for $115, and helps about 10,000 people a year. Mentorship programs and "bridge training" offered by groups like the Toronto Immigrant Employment Council also help get newcomers on track to find work. MIKE DONACHIE/METRO

THE STORY OF US: IMMIGRATION IN CANADA, TOLD IN FIVE PARTS

Day 1 1
Change and effect

Day 2 2
What Canada wants vs. what it gets

Day 3 3
Where we come from, where we go

Day 4 4
Happy times, hard times

Day 5 5
The future and beyond

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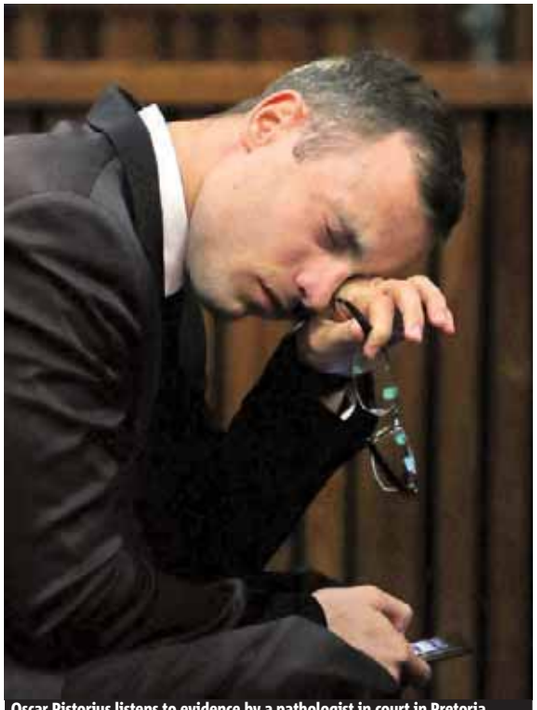

Oscar Pistorius listens to evidence by a pathologist in court in Pretoria, South Africa, Monday. THEMBA HADEBE, POOL/THE ASSOCIATED PRESS

‘I was simply trying to protect Reeva,’ Pistorius tells her family

Blade runner testifies. Double-amputee says he has been taking antidepressants and has trouble sleeping

His voice shaking, Oscar Pistorius took the witness stand Monday for the first time, testifying that he was trying to protect the girlfriend he killed and that he became so tormented by memories of the fatal shooting and panic attacks that he once hid helplessly in a closet.

Pistorius also offered an apology to the family of Reeva Steenkamp, who died from multiple wounds after the double-amputee runner shot her through a closed toilet door last year in his home. He said he mistook Steenkamp for an intruder.

“I was simply trying to protect Reeva,” the athlete said as Steenkamp’s mother, June, looked impassively at him in the courtroom. “I can promise that when she went to bed that night she felt loved,” Pistorius said.

Pistorius’ display of anguish and remorse was a marked departure from the testimony of some prosecution witnesses whose accounts painted a picture of the runner as a hothead with a jealous streak, an inflated sense of entitlement and an obsession with guns.

Pistorius, 27, spoke in a soft, quavering voice at the start of his testimony, forcing Judge Thokozile Masipa to ask him to speak more loudly.

Defence lawyer Barry Roux, who had aggressively challenged prosecution witnesses since the trial began March 3, led Pistorius gently through events in a life that was held up, in the runner’s heyday, as an inspiring tale.

THE ASSOCIATED PRESS

Quoted

“I climbed into a cupboard and I phoned my sister to come and sit by me, which she did.”

Oscar Pistorius, describing at his trial in South Africa how he hid in a closet after waking up in “a panic” one night.

Halifax

Impaired driver had two kids in car: Cops

Police in Halifax say a 36-year-old woman driving with two kids in her car, including an eight-month-old infant, has been charged with impaired driving for being five times over the legal blood-alcohol limit.

Halifax RCMP say an officer saw a car stopped in the middle of Forest Hills Parkway in Cole Harbour around noon on Sunday.

The driver was immediately arrested for impaired driving, and police say when she provided breath samples, came in at five times above the legal limit.

An eight-month-old infant and an 13-year-old child were in the car. Police say arrangements were made for the children to be put in the care of someone else. METRO IN HALIFAX

Cancun, Mexico

Man on vacation drowns saving boy from rough surf

A western Pennsylvania man has drowned while saving a young boy caught in rough surf while the man was vacationing in Cancun, Mexico.

Fifty-year-old Jeff Brown, of Farrell, was vacationing with his girlfriend, Tracy Duez, and other couples.

Duez’ sister, Wendy Donner, says Brown entered the water to save the boy even though there were red flags on the beach warning of a dangerous undertow. Witnesses say Brown helped the boy onto a life buoy but was himself caught in the undertow and died.

The J. Bradley McGonigle Funeral Home staff are working to fly Brown’s body home. THE ASSOCIATED PRESS

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Liberals win Quebec vote with majority government

Politics. PQ Leader Pauline Marois' future may be uncertain after failing to deliver

Quebec Liberal Party Leader Philippe Couillard and his wife Suzanne Pilote walk into the campaign headquarters for election returns on Monday in Saint-Félicien, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

The doctor is in.

Philippe Couillard, a former neurosurgeon, led his Liberal troops to a majority win in the Quebec election Monday night, 18 months after the party was turfed out of power under Jean Charest.

The red Liberal tide flowed early across Quebec's electoral map, sweeping over the incumbent Parti Québécois, which had been battered by questions about its plans for a third sovereignty referendum that most Quebecers flatly said they didn't want.

The Liberals had between 40 and 45 per cent of the popular vote, compared with less than 30 per cent for the PQ.

The Coalition for Quebec's Future, which had rebounded in support in recent days, came in a distant third.

While no pundit would be foolish enough to declare sovereignty dead, the option has likely been put to sleep for a while. Some observers have suggested it could be years, if not decades, before it is revived.

Couillard, who was a popular health minister under Charest until 2008, stoked the fears of a referendum after star PQ candidate Pierre Karl Peladeau entered the election and declared he wanted to build an independent Quebec.

PQ Leader Pauline Marois mused what a sovereign Quebec would be like for days after that, something that allowed her party to be knocked off its message to the point where it never really recovered.

Monday's results in Quebec no doubt prompted a sigh of relief in Ottawa as well.

With the PQ out, it means Prime Minister Stephen Harper won't have to worry about a national unity crisis as he heads toward the 2015 election.

It will also not preoccupy Opposition Leader Tom Mulcair, who draws most of his New Democratic Party caucus from the province, some of whom expressed sovereigntist sympathies at one time or another.

The 33-day campaign had been considered as one of the nastiest in decades.

THE CANADIAN PRESS

Quoted

"I am very serene at this moment. I trust Quebecers will choose a good government to lead them."

Pauline Marois, after casting her vote Monday.

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Scan this photo with your Metro News app to see a photo gallery of Rwandans commemorating the 20-year anniversary of the Rwanda genocide.

A nation struggles to cope with memories of genocide

A boy takes part in a Rwandan-genocide memorial rally Monday on Parliament Hill in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

Rwanda. It's been 20 years since large-scale massacres saw 1 million people killed in 3 months

Displaying pride and pain, Rwandans on Monday marked the 20th anniversary of a devastating 100-day genocide that saw packed churches set on fire and machete-wielding attackers chop down whole families from a demonized minority.

Blood-curdling screams and sorrowful wails resounded in a sports stadium as world leaders and thousands gathered to hear of healing and hope.

President Paul Kagame and UN Secretary-General Ban Ki-moon together lit a flame at the Kigali Genocide Memorial Centre, which estimates that more than 1 million Rwandans perished in three months of machete and gunfire attacks.

In one scene, a young girl recounted the torture of a boy. Spectators screamed and the severely traumatized were carried off. By the end, Rwandan actors lay scattered throughout the field, representing the dead.

The UN chief said he hopes to reaffirm the international community's commitment to the idea of "never again," though he said genocide is still possible. Mass graves were required to bury the victims of what the government says was a long-planned killing spree that ignited after the plane of then-president Juvenal Habyarimana, a Hutu, was shot down.

Kagame's critics say that progress has been marred by an authoritarian approach.

Human Rights Watch, which Kigali practically views as an enemy organization, says civil and political rights in the country remain severely curtailed.

THE ASSOCIATED PRESS

France's role

Genocide's colonial beginnings

The French government, which Rwanda banned, was missing from the stadium. In an interview published in France Monday, President Paul Kagame accused the former African colonial power of participating in some of the genocide violence.

The ceremony highlighted the influence that white colonial masters had in setting the stage for the violence that erupted in 1994. The audience watched as white people in colonial outfits jumped out of a safari car and stormed the main stage. The wide-brim hats then changed to blue berets, worn by UN troops who did nothing to stop the carnage.

"The people who planned and carried out genocide were Rwandans, but the history and root causes go beyond this beautiful country," Kagame said. THE ASSOCIATED PRESS

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- Ruth V, Ontario

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Delta Airlines scored highest for customer service among the four biggest American airlines in report. DAVID MCNEW/GETTY IMAGES

U.S. airline complaints drop

Report. While griping is a national pastime, few bother to lodge official complaints

A big drop in customer complaints helped U.S. airlines post their best ratings ever even though more flights were late and more bags were mishandled, according to a report released Monday.

Virgin America topped the ratings, and three regional airlines scored at the bottom.

Among the four biggest airlines, Delta ranked best followed by Southwest, American and United, according to researchers from Wichita State University and Embry-Riddle Aeronautical University.

The researchers have graded airlines since 1991 on government figures for on-time performance, mishandled bags, bumping passengers, and complaints filed with the U.S. Department of Transportation.

One of the report's authors said the drop in complaints might reflect "a certain amount of resignation" that "it's never wonderful for airline passengers." THE ASSOCIATED PRESS

Market Minute

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TSX 14,270.33 (-122.77)

OIL $100.44 US (-$0.70)

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Study

Canadians hanging up on landlines, TV

More Canadians are abandoning traditional telephones and TV services, reflecting a growing trend prompted by changing lifestyles, according to a new study.

The Convergence Consulting Group said Monday that by the end of this year it expects 26.3 per cent of Canadian households will be going without landline telephones and relying solely on wireless telephone service. THE CANADIAN PRESS

Breakfast wars

Can Taco Bell crack McMuffin fans?

Taco Bell is taking another jab at McDonald's in a new ad for its breakfast menu in the U.S. The fast-food chain is set to air a TV spot set to the tune of Old MacDonald Had a Farm and shows a man who has been eating Egg McMuffins since 1984.

It's a follow up to an ad with real-life men named Ronald McDonald professing their love of Taco Bell's breakfast. THE ASSOCIATED PRESS

NO, DIVORCE IS NOT LIKE DIETING

SHE SAYS

Jessica Napier
metronews.ca

Gossip magazines would have us believe that celebrities are "just like us" but the truth is quite the opposite. Sure, they might pump their own gas or shop at Whole Foods from time to time, but few of us plebs will ever truly live life like the rich and famous.

And so when Gwyneth Paltrow recently ended her 10-year marriage to Coldplay frontman Chris Martin, she didn't release a statement regarding an impending divorce or separation; she took to her lifestyle blog GOOP to announce that they were "consciously uncoupling."

It should come as no surprise that Paltrow, a woman known for her impossibly healthy diet and unattainable lifestyle, even does breakups better than the rest of us. The term 'conscious uncoupling' implies an enlightened and amicable process free of all of those messy emotions us regular humans have to deal with.

Always the trendsetter, Paltrow encourages her GOOP disciples to pursue this highly evolved approach to divorce. For just $297, you too can enrol in an online course that will teach you how to separate like the stars. Relationship guru Katherine Woodward promises to guide participants through a five-week program designed to "release the trauma of a breakup, reclaim your power and reinvent your life."

Call me cynical, but I don't really buy into this New Age philosophy of an elegant and spiritually fulfilling divorce. Ending a long-term relationship is a complicated and extremely personal journey and Paltrow's conscious uncoupling seems to oversimplify the process.

Trying to turn something as traumatic as a divorce into another item for your lifestyle blog seems to undermine the seriousness of the matter. A breakup announcement shouldn't be a tidy little note sandwiched between advice on buying the perfect pair of jeans and a recipe for three-bean salad.

I personally subscribe to the everything-in-moderation theory. That goes for junk food as well as raw emotions. Sometimes you just have to feel your feelings and yes, that can result in toxic behaviour such as finishing a bottle of wine by yourself while creeping through your ex's Facebook profile.

Of course, excessive alcohol consumption and wallowing in self-pity are not GOOP-approved behaviours. Paltrow has transformed herself into an aspirational lifestyle brand and she's made a lot of money in the process. She preaches a regimented way of life that few of us could ever hope to achieve. She has a sculpted yoga-made body, a fridge full of macrobiotic vegetables and all of her chakras in alignment.

But emotions are not gluten: You can't simply go on an elimination diet and detoxify your mind. Experiencing feelings of sadness and grief at the dissolution of a marriage are totally normal and healthy, even if they don't align with Paltrow's Zen-like approach to living.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

It's a mammoth of a task

BUDDHIKA WEERASINGHE/GETTY IMAGES

Canadian sculptor hones her skills

Canadian sand sculptor Karen Fralich finishes Mammoth Under the Glacier, an installation at the Sand Museum in Tottori Dune in Tottori, Japan. The seventh annual sand sculpture exhibition hosted by the world's first sand museum features the theme Russia, marking the 2014 Winter Olympic Games in Sochi. The exhibition is open from April 19 to Jan. 4, 2015. GETTY IMAGES

A dirty job

Fralich first started sculpting pottery clay at the age of 14 at a studio in Guelph, Ont.

- She developed her sculpting skills for 11 years, making small animal figurines.
- Eventually she was hired by a professional sand sculptor to create visuals for a mall exhibit.
- For the next four years, she learned everything she needed to know about sand sculpting, while working full time in the food service industry.
- In 1998, she entered her first competition and soon after began working as a freelance sand sculptor full time.
- She's a three-time world champion sand sculptor.

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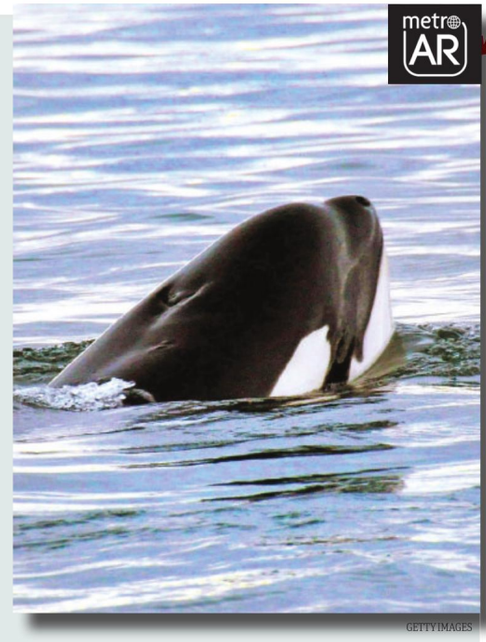
MetroTube

Scenery not so static in New Zealand

ANDREW FIFIELD
metronews.ca

If you happen to be bobbing in open ocean, it's good to know what a dorsal fin is attached to before deciding to drift over for a closer look. Especially if, like the surfers who saw this, you happen to be in New Zealand waters, where the orca population is around 200. Happily for them and us, everything worked out beautifully here. (Via YouTube user wackedcat)



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See that symbol? It means you can scan this image with your Metro News app to see a video of Birdy's song Light Me Up

Review

The Hobbit: The Desolation of Smaug

Director. Peter Jackson

Stars. Martin Freeman, Evangeline Lilly, Orlando Bloom, Richard Armitage

A child's tale becomes more of a grown-up's in The Desolation of Smaug, the fire-breathing second chapter of Peter Jackson's ongoing screen trilogy based on J.R.R. Tolkien's The Hobbit.

Reluctant hobbit hero Bilbo Baggins (Martin Freeman) finds his courage and his possible curse, the latter threatened by the enchanted ring that will fuel further Middle-earth adventures.

Bilbo's still in the company of 12 dwarf warriors, led by exiled Prince Thorin Oakenshield (Richard Armitage), and they're joined by elf archer Legolas (Orlando Bloom), who isn't supposed to appear until the following The Lord of the Rings trilogy, as well as elf wonder woman Tauriel (Canada's Evangeline Lilly), an entirely new creation designed to add a needed jolt of estrogen to the proceedings.

It's a lot to take in, yet it serves to move the story forward, making us anticipate this fall's final chapter and confrontations.

PETER HOWELL

Shy Birdy no longer waiting in the wings

Teen songbird.

U.K. singer's career soars on the strength of her fragile songs

EMILY LAURENCE
Metro World News in New York City

Seventeen-year-old British singer-songwriter Birdy. BOO GEORGE

She's an unlikely celebrity. Birdy, whose real name is Jasmine Van den Bogaerde, has to be prodded a bit to perform and is too shy to make small talk with the crowd. But when she sings, people listen. Like Lorde, she represents a new type of pop star — one that's less shiny, yet can't help but capture your attention.

"I love that there's such a range of pop and alternative music on the charts," Birdy tells us over the phone from Berlin, where she's performing at the Echo Awards. (She won Best International Rock/Pop Artist later that night.) She admits to listening to Taylor Swift just as much as Bon Iver, whose song Skinny Love she covered. The result catapulted her to fame.

"That song is so fragile and it reminded me of songs that I write. I really connected to it," she says.

Birdy released an album of cover songs in 2011 with her take on artists like Phoenix and Death Cab for Cutie. Now, she's releasing an album of her own original music this summer, which she is currently on tour promoting.

Original music

"I didn't want to write about anything really personal, but I ended up doing it because it's hard to get around it." U.K. singer Birdy

"Releasing my own original music is both exciting and scary," she says. "The past few years have been full of new experiences and challenges, which I wrote about. (At first), I didn't want to write about anything really personal, but I ended up doing it because it's hard to get around it." Birdy says that when she composes, the music often comes to her before the words do; she also explains that her songs are more about a feeling than a story.

Though her work is more ethereal and less bubble-gum pop, Birdy insists that she's a typical One Direction-loving teen. Still, most high schoolers can't brag about having a song on The Hunger Games soundtrack or collaborating with Mumford & Sons.

But despite her accolades, and perhaps in spite of her shyness, Birdy says the biggest highlight of rising fame for her has been travelling to Australia and playing to sold-out crowds.

Striking a pose

Besides the stage, you can also see Birdy on billboards; she's the latest model in Gap's new campaign. It looks like this songbird is beginning to spread her wings.

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Peaches' death yet another tragedy for Bob Geldof

Peaches Geldof, the wild-child second daughter of concert organizer Bob Geldof who filled the pages of British tabloids with her late-night antics as she flirted through the fashion and celebrity world, was found dead Monday at age 25.

There was no immediate word on the cause of her death at her home in Wrotham, Kent, southeast England but police called it "unexplained and sudden."

Peaches was only a girl of 11 when her mother Paula Yates died of a drug overdose in 2000 and those who knew her said it hit her extremely hard.

Her father and family issued an anguished statement Monday about her death.

"Peaches has died. We are beyond pain. She was the wildest, funniest, cleverest, wittiest and the most bonkers of all of us," Geldof said. "Writing 'was' destroys me afresh. What a beautiful child. How is this possible that we will not see her again? How is that bearable? We loved her and will cherish her forever."

A pregnant Peaches Geldof with her husband Thomas Cohen and their son Astala in 2013. ZSL LONDON ZOO VIA GETTY IMAGES

In an interview with the Guardian in 2009, Peaches acknowledged that she used drugs before but said she had stopped.

"'Yeah, I've taken drugs. Yes, I have had experiences, and a few of those experiences were unsavoury, not ones I want to repeat, but I was growing up. I wanted the experience," she told the paper.

Peaches was married twice and leaves behind two sons, 23-month-old Astala and Phaedra, 11 months.

THE ASSOCIATED PRESS

With her mum Paula Yates

The last tweet Peaches sent was on Sunday, when she posted a photograph of herself as a toddler with her mother and the caption: "Me and my mum."

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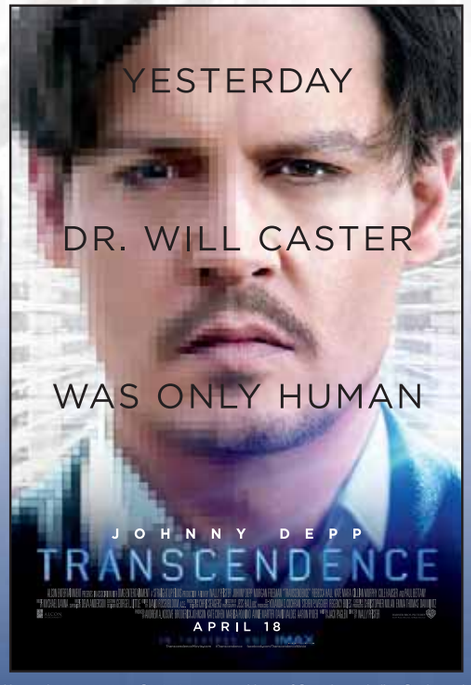

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Fargo, the TV show. Aw jeez, your Minnesotan needs work

Aw jeez, it wouldn't be Fargo without the distinctive Minnesota accents.

Vancouver-based dialect coach Tony Alcantar worked with actors in the new FX television series Fargo — adapted from the famous 1996 Coen brothers' film — to get the sound just right.

"The Minnesota sound, in its extreme, is a more musical sound," said Alcantar, an improv actor by trade originally from Chicago.

Though the Chicago and Minnesota accents share a similar Midwestern flavour, Alcantar said the latter is more "sing-songy."

"I would say it's because the influence is more European," he said. "You're going to get that Germanic or Northern European lilt that the Swedes are known for, that the Germans are known for."

Alcantar, a Second City alum who teaches at the Vancouver Acting School, worked with actors auditioning for roles in Fargo. After reading snippets of the script, Alcantar says he wanted in on the project.

Martin Freeman as Lester Nygaard in a scene from the new television show Fargo. MATTHIAS CLAMER/FX

"The more I read the different scenes, I thought, 'Man, this is really good.' This is some of the best writing I've seen, and I've been living in Vancouver for 15 years," he said.

For actor Martin Freeman, who plays downtrodden insurance salesman Lester Nygaard, maintaining the right tone takes commitment.

"I stay in it every day. When I'm shooting, I'm always in it, because it would be too difficult to go from this to that," Freeman said in his natural way of speaking, a crisp British accent.

Fargo airs Tuesdays at 10 p.m. in Canada on the new specialty channel FXX starting April 15. The first episode will also be shown on FX Canada.

THE CANADIAN PRESS

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Kevin Spacey GETTY IMAGES

Kevin Spacey doesn't want a part in your crappy movie

Kevin Spacey has certainly earned the right to be picky about his acting gigs. Just ask him. "Unless it's a really significant role, f—k off. I'm not playing someone's brother. I'm not playing the station manager. I'm not playing the FCC chairman," he tells the Hollywood Reporter in a rather candid interview.

"There are a lot of people out there who offer roles to actors because they'll elevate their movie to a place the movie would never reach. They offer them a s—load of money for a crap part, but it doesn't make the movie any better. And I'm not interested in elevating someone's crap movie."

Is Naomi Campbell attracted to Magneto?

Naomi Campbell is about to make millions of women — not to mention more than a few men — jealous, as the supermodel is reportedly dating Michael Fassbender, star of 12 Years a Slave, Shame and X-Men: Days of Future Past, according to U.K. daily The Sun. Sources spotted the pair recently meeting up at London restaurant Coya, where they were "openly hugging and kissing."

Naomi Campbell GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Maisie Williams says Arya Stark is rotten inside

MELINDA TAUB
Metro World News

It's tempting to keep defending little Arya Stark, who's one of the closest things to a protagonist that Game of Thrones has. But (spoiler alert) as those who saw Sunday night's season premiere know, Arya is well on her way to becoming a stone-cold killer. Even Maisie Williams, who portrays Arya, says her days of being a sweet kid are behind her.

"This year, at the end of Episode 1, just when you thought things were going downhill, you're treated to an Arya whose heart is now black, and she's rotten on the inside," Williams told the Daily Beast.

Having lost both parents and (she believes) all her brothers, Arya's transformation is understandable — but, Maisie says, it may also be irrevocable, even if Arya gets good news. "Even if Arya knew that Sansa, Bran, Rickon and Jon Snow were alive, I feel like she'd just go, 'Cool ... good luck,'" she says.

Richard E. Grant's 'naughty' tweet from the Downton Abbey set

Downton Abbey creator Julian Fellowes is all about decorum and manners, and that sometimes means setting limits for his actors on things like Twitter.

"We had to explain to the cast about the dangers of tweeting as no one realized how interested everyone was in the show," he tells the Telegraph.

"You're in a bubble when you're filming. You're just tweeting these nice things and you don't realize there are millions of people worldwide trying to pick up the plot."

Someone apparently didn't get the memo, though, as new cast-member Richard E. Grant tweeted a photo of himself in costume on the Downton Abbey set. "He's very naughty," Fellowes says.

Richard E. Grant tweeted this photo of himself on the set of Downton Abbey. TWITTER

Twitter

@lenadunham
Mickey Rooney got all the best babes despite being short as hell. #RIP beautiful man

@KChenoweth
The only good thing about being stuck in bed is starting #GameOfThrones. Now addicted.

@tyrabanks
Just so you know, no one...I mean NO ONE comes between me & my BBQ ribs!

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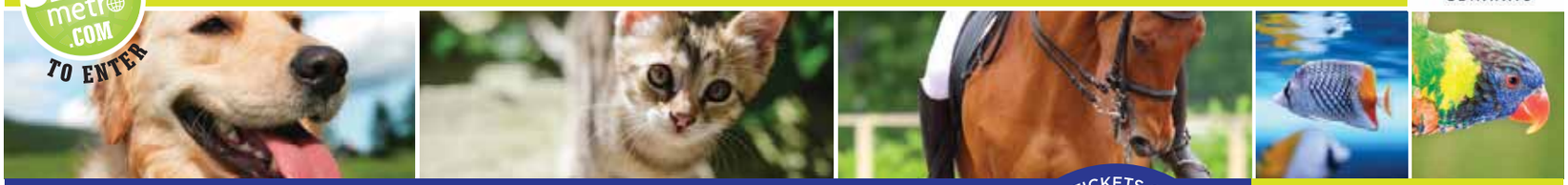

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Taking fitness to the next level

You're going to the gym religiously and loving it, but something seems to be missing. It may be time rethink the way you look at exercise by adding new elements to your routine. The experts break down the benefits of rounding out the way you work out.

IZABELA SZYDLO life@metronews.ca

Massage therapy

"Before you start training, massage therapists can identify areas of weakness through a thorough assessment," says Omar Lunan, a registered massage therapist (RMT) and owner of the Toronto-based mobile massage therapy clinic Core Care Wellness Centre (corecarewellness.ca). "Treating structural imbalances can eliminate pain and help focus on other areas that need strengthening. Delayed onset muscle soreness and slight inflammation are common post-workout concerns. Massage can decrease lactic acid build-up by increasing local circulation to muscles, decrease inflammation and directly affect muscle tone. If your range of motion isn't Olympic standard, which for most people it isn't, identifying if the restriction is neurologically based will allow an RMT to employ passive, active or resisted types of stretching to change muscle length and allow for more freedom. After a workout, a relaxation-focused treatment can ensure a good night's rest, essential for post-workout repair."

Meditation

"Yoga offers many physical benefits — increased strength, improved flexibility, stress relief — but students often discover that the greatest side effect of yoga is how it benefits the mind," says Annabel Fitzsimmons, a yoga instructor with 15 years of teaching experience, who can be found at annabelfitzsimmons.ca. "At its core, yoga is about creating awareness and heightening the mind-body connection. As we pay close attention to alignment and the physical sensations of each posture, and become conscious of the breath and its effect on the body, we train our minds to let go of the distractions that constantly fill our heads. Through yoga we can experience a meditation in motion, letting the mind become focused and calm as we move from posture to posture."

Cardio and resistance mix

"To maximize fitness levels, having a balance of cardio and weight training in your fitness regimen is key," says Christian Alvarez, fitness director at Toronto's Strength-N-U fitness facility (strength-n-u.com). "Lifting weights prior to doing cardio ensures that glycogen (the body's readily available energy source) is depleted so stored energy (fat) is used immediately after. Safely pushing your limits with a routine that includes cardio and resistance will directly affect muscular and cardiovascular strength, and endurance. This means less fatigue and the ability to train faster, longer and harder. Because the heart is also a muscle, the increased output of blood increases the 'pump' feeling while weight training, resulting in burning more calories per workout and an increase in your metabolism for the day."

Cleanse

"Weight loss is 80 per cent food and 20 per cent exercise but it is 100 per cent about how you feel. Bloating and digestive discomfort make your pants fit poorly and your self-esteem take a nosedive. So, I always suggest that clients 'cleanse,' but not with liquid diets. What works is removing or reducing foods that contain baker's yeast (which can cause bloating) and adding chia. This super-powered seed swells to absorb water in the bowel and gives you a solid happy, um, 'go.' A flatter tummy is more motivating than a liquid cleanse that can cause too many uncomfortable trips to the toilet. Start with a teaspoon sprinkled on breakfast and build up to a tablespoon each day. You will also help curb the appetite that can actually increase when you start a gym routine," says nutritionist Theresa Albert of myfriendinfood.com.

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Grab your gal or guy and get sweaty

Working out with your partner can be rewarding. ISTOCK

Exercise. It helps boost your mood, alleviate stress and gives you a hot bod

Julie Erickson of Endurance Pilates and Yoga, shares a workout to lift your spirits and increase your heart rate.

One-legged squats
Stand facing each other, hands on hips, one single leg extended (opposite leg for each partner). Keep torsos upright, press soles of feet into each other and bend supporting knee. Do 10 repetitions on each side.

Alternating lunges (timed, one minute)
Assume a lunge position, right leg forward, left leg back. Set a timer for one minute. Start timer and switch lunges. Keep switching and keep counting your lunges. The winner gets a shoulder massage!

One-legged pushups
Start standing back to back and roll down, hands to the floor. Walk out to a plank position and lift one leg to match partner's opposite leg lift. Press soles of lifted feet together and lower into a pushup position. Do 10 repetitions on each side.

Side planks with kicks
Come into a side plank position facing each other. Lift the outside leg to hip height while one partner stretches the top leg forward as the other stretches his or her lifted leg back (your legs are reaching in the same direction). Do 5 repetitions in each direction and switch sides.

Medicine ball throws
Standing, legs wider than hips, pull medicine ball back behind head, extending upper spine, abs engaged to protect lower back. Throw ball to partner, initiating throw by using abdominals to engage abs for powerful throw, aiming for partner's chest. Partner catches at chest level, absorbing throw and repeats. Do 30 repetitions.

Medicine ball twists
Sit next to each other, legs extended, three feet apart, facing away from one another. One partner holds the medicine ball, twists away first and throws ball to other partner who catches it, and twists the ball away. Do 30 repetitions

LASSE EMIL KRISTIANSEN, METRO WORLD NEWS IN NEW YORK

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Spring switch-up

You get results when you step out of your comfort zone, so if you only cycle or only do Pilates, try something different to get beach-ready. Check out these swaps from Lashaun Dale and Lisa Wheeler, senior group fitness creative managers for New York City's Equinox

If you do: Studio Cycling
Try: Yoga
Cycling is predominantly a cardiovascular activity that is focused on the lower body and core. Yoga poses will strengthen your upper body, reverse the postural imbalance of the forward flexion associated with cycling and open up your hips for a more mobile body.

If you do: HIIT
Try: Myofascial Release
With the popularity of High Intensity Interval Training, people are overtraining and getting injured. By incorporating recovery work such as therapy ball massage, you will see bigger and better results.

If you do: Yoga
Try: Resistance Training
Throw in dumbbells, resistance bands or kettlebells. Yoga is a strength builder, but rock your workout by with compound resistance training to build lean muscle.

If you do: Pilates
Try: HIIT
A major portion of Pilates programming is performed on a mat and often lacks a metabolic component. Adding some high intensity interval training will boost metabolism, increase aerobic capacity and aid in weight management.

If you do: Heavy Lifting/ Strength Training
Try: Body Weight Training and Pilates
Adding in body weight training like yoga will help strengthen your core and postural muscles, creating more stability, mobility and fluid motion. Pilates, with a focus on precision and technique, will further enhance core strength and make your workouts better. METRO

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Half Off

Over the last while, Elisha's weight has continued to creep up. But is that going to stop her from trying to reach her goal to lose half her weight? Visit metronews.ca/voices/halfoff to find out.

Conceive on a healthy note

BEST HEALTH MINUTE

Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health, Canada's healthy lifestyle magazine for women, freelance writer Astrid Van Den Broek writes that if you're thinking of starting a family, you should prep your body so you are at your healthiest — not only to carry a baby, but to conceive in the first place.

Here are a few of the foods you should get lots of.

Iron-rich foods: According to Dr. Yaakov Bentov, a reproductive endocrinologist with the Toronto Centre for Advanced Reproductive Technology, up to 15 per cent of women of reproductive age have low iron stores. "Iron deficiency affects the ability to get pregnant and to carry a pregnancy," says Bentov. The Harvard Nurses' Health study noted that consuming iron from non-meat foods such as lentils and spinach or from supplements could lower your risk of infertility. However, specific dosages of supplements should be discussed with your physician.

Citrus: All antioxidant-rich produce is good for fertility due to anti-inflammatory properties — inflammation impairs fertility — but citrus may play a specific role. The vitamin C in citrus has bio-flavanoids, and these can improve circulation and blood flow to the uterus, making us more fertile. In a 2011 study from Boston University, three or more servings of citrus fruit a week helped lower a woman's chance of developing uterine fibroids, which can impair fertility. (Tip: Guava, papaya and kiwi have more vitamin C per fruit than oranges and grapefruit.)

Fish: Pregnant women and those who are trying to conceive need to avoid high-mercury fish (swordfish, shark or king mackerel). However, oily fish, particularly sockeye salmon and lake whitefish, is a good choice, since it contains the most vitamin D and omega 3's. A 2012 Austrian study found vitamin D helps increase progesterone and estrogen in women, which improves conception chances. In men, vitamin D is linked with healthy semen quality. As for omega 3 fatty acids, they reduce inflammation. Tuck into 12 ounces (375 g) of fish a week, and ask your doctor about vitamin D and omega-3 supplements.

What you eat can help you to conceive. ISTOCK

Things that you should avoid when trying to conceive include refined carbs, pop and white rice. They spike our blood sugar, and increase the risk of obesity and insulin resistance, which hinder fertility. Surprisingly, green tea should be avoided if you're trying to conceive, because "it removes folic acid from your body," says Bentov. Folic acid is important in preventing neural tube defects. Women who want to conceive should take a folic acid supplement

Finally, avoid trans fats. Participants in a major study who had a two per cent increase in calories from trans fats rather than monounsaturated fats had more than double the risk of ovulatory infertility. These fats are found in many fried foods and packaged baked goods.

Want ideas for what foods men should eat to help you conceive? Pick up the May issue of Best Health.

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TAKARA SMALL
Metro News in Toronto
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Erin Letson and Amanda Facciolo always had munchies on the brain, but they didn't always know that they could turn those cravings into cash.

The duo, who now own Munch Better, a subscription snack box company, have stumbled onto a new trend in the food subscription business: healthy, ethical snacks delivered straight to the Canadian consumer's front door.

The business is growing one bite at a time thanks to their novel approach: every box contains food exclusively made by Canadian companies.

Having launched in November 2013, Munch Better now delivers five to eight Canadian healthy snacks picked by the founders themselves every month. The items range from run-of-the-mill products such as unsulphured dried mangos to the atypical, such as gluten-free, wheat-free rosemary polenta crisps.

"We try everything first and if it is kinda boring or blah or doesn't jive with our values, we don't use it," Letson adds.

The journey from health food aficionados to business entrepreneurs was an easy leap to make. The pair had long thought about turning their passion for nutrition into a company.

"We always had an interest in healthy eating and were kicking around ideas on how to make it into a healthy business and we saw the subscription box (concept) pick up," says Letson. "We noticed in the U.S. there were already quite a few of these healthy box initiatives, but not in Canada, not with our type of foods."

E-laborate

Go to metronews.ca/mom-and-pop-shops/ to learn more about how the founders of Munch Better turned their idea into a moneymaking enterprise; or visit munchbetter.ca.

Business in our backyard

"We noticed in the U.S. there were already quite a few of these healthy box initiatives, but not in Canada, not with our type of foods."
Erin Letson
Co-owner of Munch Better

Letson and Facciolo admit they could spend less by including products from non-Canadian companies, but choose to highlight local goods because, as Letson says, "They support us, and we feel we should support them."

The days of counting change for the vending machine or chugging energy drinks mid-afternoon are over, at least if these two have their way.

They recently expanded to selling the subscription boxes across Canada and believe the ease with which individuals can receive nutritious, great-tasting food will make this service hard to resist.

Ironically, Munch Better's creators are setting their sights on members of the public who don't often seek out nutritious healthy options (think: sugar-heightened, caffeine-filled working professionals), in order to provide them an alternative for only $19 (plus shipping) a month.

"There's a certain audience that already seeks out health food products, but we wanted to target people who might be intimidated by health products," remarks Letson.

The name of the business reflects the pair's playful spirit.

"We really wanted to make it fun and not too serious, because as much as we wanted to promote the healthy food angle, we didn't want to make it preachy," says Letson with a laugh.

"That's where Munch Better came from. We just wanted people to munch a bit better."

A scrumptious supply of Canadian products from Munch Better. CONTRIBUTED

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Turning co-workers into a community

From introverted employees to a tight-knit team. 'Cause wouldn't it be nice to work together, in the kind of office where you belong?

DAVID SINGH
life@metronews.ca

Need something to talk about? Try reading up on the news before work, so you can contribute interesting nuggets that people find informative and that generate conversation. ISTOCK

If you have a full-time job, chances are the office is your primary home. Try to fight the idea as much as you want, but in the end, it's the cold, hard truth.

"When you think of the amount of time an individual spends at work, it's more time than they spend with their family," says Gerlinde Herrmann, president of The Herrmann Group, an HR consulting firm.

That's why it's so important to develop a sense of community at work. Walking into a warm, pleasant environment each day can have a profound impact on your well-being. And guess what — the power to improve this community spirit lies squarely in your hands. Here are three steps you can take to build fellowship at work.

Conversations

The first key to building community spirit is conversation. This means being in a workplace where people actually talk to each other as opposed to burying their heads independently at their desks.

"If you work in a silent environment, don't be afraid to take the initiative to just say something and break the ice," says Myles Harrison, founder of The Conversationalists, a Toronto group that brings members together to engage in stimulating discussions and 'revive the lost art of conversation.'

Harrison says to avoid clichés like "How was your weekend?" or "How about the weather ..." These are basically conversation killers. Instead, focus on common interests that your co-workers may share, such as current events.

Office get-togethers

An office outing is the next step in uniting your colleagues. First off, ask your team what they want to do, says Meg Sethi, president of Evolution Public Relations, a firm that plans events to create awareness around different brands. After that, make a feasible budget and present the idea to your HR department.

"It would be nice to ask for financial support — if it's a company get-together and the main reason is to create community spirit," says Sethi.

Don't be afraid to venture from the traditional company dinner.

Instead, maybe plan a trip to the aquarium, or take part in a wine tasting or a food-making class. There are also plenty of charity-related activities to consider.

"I think it's just nice to offer different types of activities that will really initiate conversation between employees," she says. "Making sure you do something different that stimulates them is always more successful than just a party."

Rearranging the office space

This is obviously the most ambitious step. It involves some effort on your behalf, but it can be done, says Herrmann.

Rearranging the office to foster community spirit can range from removing high walls from cubicles, creating collaboration rooms, and making a centralized water cooler. The trick is selling it to your employer.

"I think you have to present things as a win-win," Herrmann says. "In a non-confrontational way, say something like, '(We) have some ideas on how we can create a more collaborative work environment. Would you be interested in testing some of this out?'"

While it can be intimidating to bring this up with your boss, Herrmann says that most companies welcome ideas for improvement from their employees.

You complete my convo

- **Harrison says that an important factor in good conversation is thinking about the other person.** "You need to be able to read people," he says. "If someone is clearly very busy and is giving off signals that they don't want to have a conversation — if they are concentrating really hard or have their headphones in — obviously that's not a good time to start a conversation."

Neurodevelopment of Children Exposed in-Utero to Chemotherapy for Maternal Breast Cancer (PI - Dr. I Nulman)

The Motherisk Program at **The Hospital for Sick Children (SickKids)** in Toronto is recruiting volunteers for a study on the physical health and neurodevelopmental outcomes of children exposed to maternal chemotherapy and/or surgery for breast cancer during pregnancy. The findings of this research will help optimize breast cancer treatment during pregnancy, while minimizing the risks for the fetus.

Who is eligible to participate?
- Children up to 16 years of age who were exposed to maternal chemotherapy and/or surgery for breast cancer during pregnancy.
- The child's parents or primary care providers

What is involved in the study?
- Children will undergo a non-invasive physical examination and neuropsychological testing (IQ testing).
- Parents or care providers will answer questionnaires related to their child's health and behaviour.

You will receive monetary compensation for your participation and a detailed report on your child's performance.

To participate or for more information, please contact the study team by phone at 416-813-7329 or by email: breastcancer.pregnancy@sickkids.ca

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The most wonderful time of the year

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It's beginning to look a lot like Community Supported Agriculture (CSA) season!

Ever popular in farming communities and springing up everywhere in cities, a box of seasonal veggies, fresh from the farm, is a welcome part of our growing season. There is nothing like knowing the person who planted, coaxed to life and harvested your food. To see the grimy hands (sorry, farmers, but it's true!) that spend hours in the earth for your health and enjoyment corrects the perspective on how much food should cost and where it should comes from.

The only objection I have ever encountered to ordering a CSA box is the foods that can arrive at your door that are completely new to you. Not knowing how or what to cook can be an issue. Keep these rules in mind:

- Most root vegetables are interchangeable in recipes. If yours calls for turnip and you only have some gnarly Jerusalem artichoke or parsnips, use them.
- Cut the leaves off everything as soon as you get them. Store them separately and use them as you would any dark leafy green: in salad or sautéed. Carrot tops, beet tops and radish tops are all edible and delicious!
- Don't rinse greens until you are about to use them. Then, spin them well and store with a paper towel in plastic in the crisper.
- Kale, spinach and chard are also interchangeable either raw or cooked. One exception is that collards take a little longer to cook and are too tough to be eaten raw.

Google "CSA" in your area. It will force you to experiment with new recipes and expose you to new nutrients.

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Stew that doesn't discriminate

Any Vegetable Coconut Stew. Throw in leftovers, favourites and any other veg you may have in your crisper for a hearty meal

THERESA ALBERT
Metro World News

FLASH FOOD

From your fridge to your table in 30 minutes or less

You know how you end up with a bunch of stuff in the fridge and you don't know what to do with it?

This Any Vegetable Coconut Stew is great for vegetarians, vegans, gluten-free peeps as well as the rest of us hungry and hurried.

Feel free to add leftover chicken, beef or pork to bump up the protein. No need for rice because there are plenty of starchy carbs in the roots.

Any root vegetable can be used in combo to about six cups chopped. Peel rutabaga, Jerusalem artichokes and parsnips but leave peels on potatoes, carrots, turnips and sweet potatoes.

Any green can be stirred in at the end: kale, spinach, chard, beet greens or even zucchini.

1. Heat a large pot over medium heat, add the grapeseed oil then chopped onion and stir for 3 minutes until softened and slightly browned.

2. Stir in the curry powder and then the cashews. Allow that to cook for about 2 minutes.

3. Chop the small sweet potato, peeled parsnip and turnip and add all of them to the pot.

4. Pour the can of coconut milk and hot sauce (your favourite) and cover the pot to simmer for about 10 minutes.

See that symbol? It means you can scan the photograph below with your Metro News app to see a video of Theresa Albert learning about community supported agriculture

This recipe serves four. THERESA ALBERT

Ingredients

- 1 tsp grapeseed oil
- 1 onion, chopped
- 1 tbsp curry powder
- 2/3 cup cashews
- 1 small sweet potato
- 1 parsnip, peeled
- 1 large turnip
- 1 can coconut milk
- Dash hot sauce, to taste
- 1 cup chopped kale

5. Stir in the chopped kale or whatever greens you like. Cover and allow to cook for about 2-4 more minutes. Ladle into bowls and serve.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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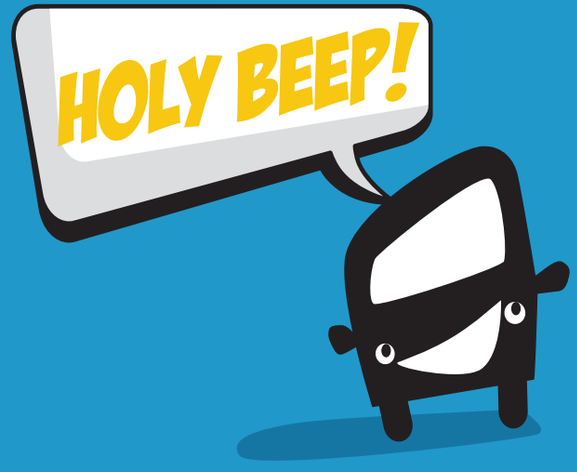

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SOME LESSONS ARE JUST WARMIMG UP

SUMMER COURSES CAN BE BENEFICIAL

SYDA PRODUCTIONS/SHUTTERSTOCK

The popular song lyric "Summertime, and the livin' is easy" doesn't apply to keen university or college students who are planning to take one or more courses during the spring and summer months.

"Students can get a jump on the upcoming year or pick up a credit they need by taking a summer course," says Jeff Banks, a chemistry professor at Acadia University in Wolfville, N.S., and the director of Open Acadia, which offers concentrated three-week on-campus courses from May to July and full-year courses in six-week blocks.

Open Acadia online courses are open entry, which means students can register when they want and study at their own pace. Online courses at universities and colleges across the country are ideal for students heading home for the summer who want to juggle their studies around jobs and other activities.

Banks lists the following benefits of taking spring and summer courses:

There are fewer students. Since most university and college students leave campus for the summer, class sizes tend to be smaller. "That translates into a lower student-to-professor ratios, which means more personalized attention," Banks says.

You can accelerate your degree. Taking a full course load during the regular school year, then an extra credit or two in the summer, will help students graduate faster.

It's good for athletes and international students. Because of varsity sports team schedules, student athletes often have a gap in their studies, so summer is a great time to catch up. And since international students tend not to return to their home country for the summer, they often choose to continue their studies.

The courses are shorter. Summer courses tend to be shorter than those offered from September to May. "Students need to keep in mind that although they are shorter, they're concentrated," Banks says. "So they might be going to class every day, even though they're just taking one subject."

– Jane Doucet

TELLING COMPELLING STORIES

VIA FILM AT SENECA COLLEGE

12_TRIBES/SHUTTERSTOCK

In an increasingly DIY digital world, storytelling skills are more essential than ever.

"Whether you're producing a feature documentary film or developing interactive media, you're a content provider, and if you don't know how to tell a compelling story you have very little to offer," says Sun-Kyung Yi, founder and program co-ordinator of the Documentary Filmmaking Institute (DFI) at Seneca College.

DFI at Seneca College is an intensive, hands-on program with two programs to choose from this summer — the 14-week summer program, that runs from May 26 to Aug. 28; or the 28-week graduate certificate program that runs from May to December.

The Documentary Filmmaking Institute summer program focuses exclusively on the POV (point-of-view) documentary production, while the DFI graduate certificate focuses on POV documentary plus factual entertainment and transmedia.

In both courses, students learn the nuts and bolts of documentary and non-fiction production and the art and business of the industry.

"They learn not only how to make films, but how to make a living doing what they love to do," says Yi, adding that many alumni have gone on to successful careers in the film and television industry.

For more information, please visit senecacollege.ca/dfi.

GET HANDS-ON EXPERIENCE AT GEORGE BROWN

George Brown College believes the best way to learn how to do a job is to actually do it.

To ensure that all students receive a practical, hands-on education, George Brown is committed to adding a field education component to every one of its programs by 2020.

Students from the college's behavioural science and early childhood programs are getting a first-hand look at the value of this field education component.

These students spend anywhere from one to five days a week in Nelson Mandela Park's classrooms, or at the George Brown College childcare centre, applying what they have learned in the classroom in an actual working and learning environment.

Nelson Mandela Park Public School is home to a diverse group of students, and employs innovative classroom set-ups and teaching practices to meet the particular needs of the inner-city school community.

"When students are in our centre, they are observing child development and curriculum theory that they learned in class being translated into action," says Nelson Hillier, manager of the childcare centre.

This program component is a win-win for all involved. Children reap the benefits the extra support that the students provide, and students gain hands-on experience with many key aspects of running a childcare centre.

Students from the behavioural science technology and autism and behavioural science programs also work in classrooms with students with special needs, particularly autism.

Jennifer Donnelly, professor and co-ordinator for George Brown College's behavioural science technology and autism and behavioural science programs, says the experience the students from working at the centre is an invaluable resource to their education.

"Having students in there who have assignments on employing certain principles about working with special-needs students, the teachers get exposed to those lessons as well," Donnelly says.

To learn more about George Brown College, visit georgebrown.ca.

MICHAEL JUNG/SHUTTERSTOCK

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This summer, take a class while sitting on the beach or relaxing on the patio through one of The G. Raymond Chang school of continuing education courses.

The Chang School offers more than 500 continuing education courses that run in the spring term, and a wide range of summer intensive programs that are designed to give students the opportunity to do dive into relevant program areas and come out with real skills and credentials.

"The learning formats are practically endless — students can attend daytime classes on campus, go to evening classes after work, take condensed intensive courses, or study online," says Marie Bountrogianni, interim dean, Ryerson University's G. Raymond Chang school of continuing education.

"By offering flexible, accessible programming, we give the students control of their learning format depending on what works best for them, as well as control over the time that works best for them."

There are three options for those looking to take advantage of summer school — intensive format (full time over a multi-week period), short-term intensive (full time over one week), and part-time studies (online or in person).

There are longer multi-week intensive programs in the summer, which allow people to complete an entire certificate program, or at most of one, during the summer.

For more information, please visit ryerson.ca/ce/springsummer2014.

AN ADVOCATE FOR THE DISABLED

CONTRIBUTED

Nothing is going to slow down Humber College fundraising management student Alexandra Creighton, not even cerebral palsy.

Creighton recently won a silver medal at the Ontario Winter Games in women's para-alpine skiing and also competed in a national competition with athletes who returned home from competing in Sochi.

Creighton, whose family has always been avid skiers, has been skiing since the age of four.

Because of her disability, Creighton's father had to hold her up since she was unable to stop on her skis.

At the age of eight, she was introduced to outriggers — poles with small skis on the ends — and has been unstoppable on skis ever since.

"Now I am leaving my family behind (on the ski hill)," Creighton says. "It is a great point of pride for them."

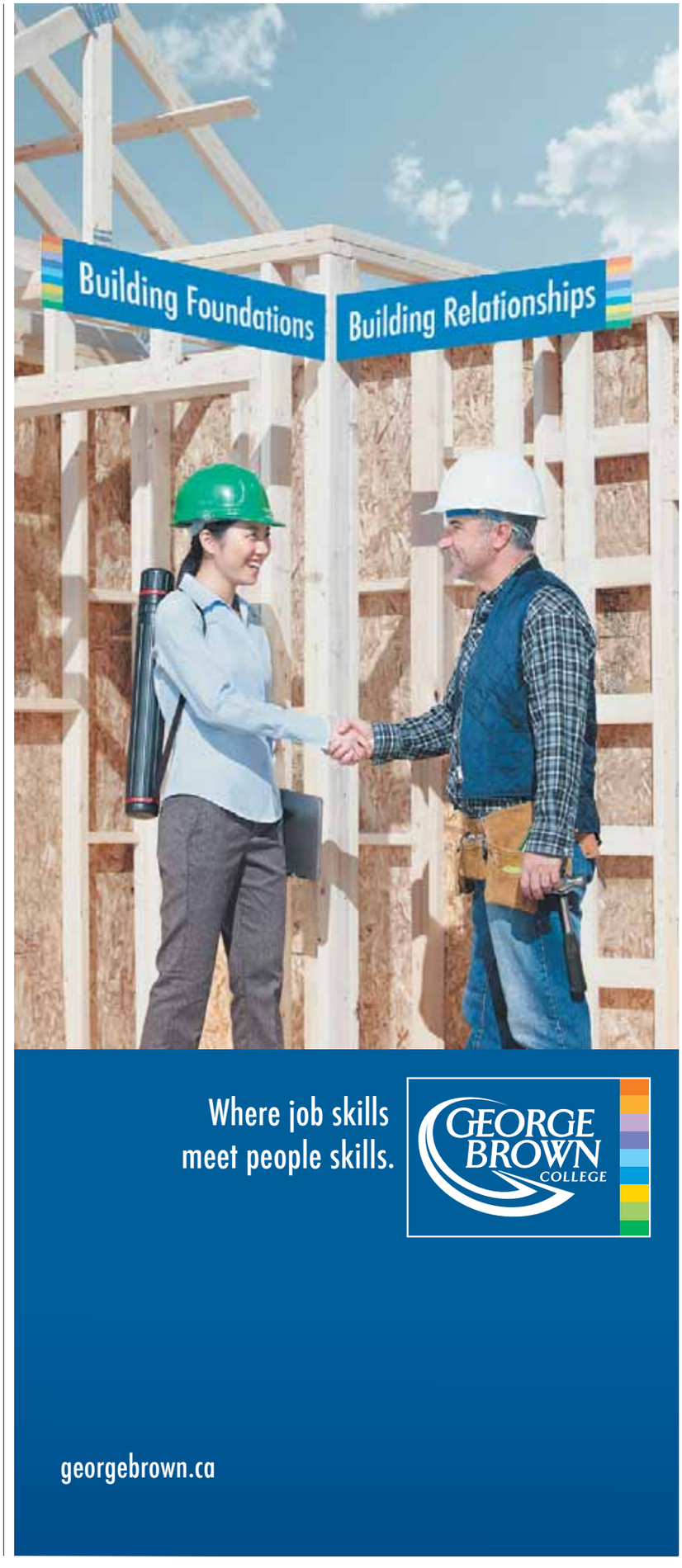
While she has been successful on the ski hill, she is also working towards a successful career in fundraising management through the Humber postgraduate certificate.

Creighton is in her second semester and hopes to use her newly learned skills towards making a difference in the lives of others.

As an advocate for those with disabilities, Creighton hopes to work with charities on large fundraising campaigns in the not-for-profit industry.

"I can put a personal face or touch on these charities," Creighton says.

For more, visit humber.ca.



SPORTS 4

Oakley: Only fools in rush to anoint Raptors

NBA. Former Toronto leader says management must be wise when assessing young core

Point guard Kyle Lowry, currently nursing a bruised left knee cap, could hold the key to the Raptors' future when he becomes an unrestricted free agent this summer. DAVID COOPER/TORSTAR NEWS SERVICE

Leave it to the wise old sage Charles Oakley to come up with the pertinent question about the Toronto Raptors' future as this entirely unexpected surprise of a season nears its completion with a playoff series on the horizon.

"Is it fool's gold?" the former Raptors leader asks. "They better be careful that it's not."

Oakley, taking part in a Raptors alumni weekend set up by the team's charitable foundation in Florida late last month, wondered if the Raptors are built for continued success and a sustained rise or merely a team taking advantage of a weak Eastern Conference.

It's a legitimate question.

"I like their pieces," said one advance scout for an Eastern Conference rival. "But they've got some work to do."

General manager Masai Ujiri has held all season that this is nowhere near a completed job and his search for talent upgrades is all-consuming.

But it would seem that the core is young enough and affordable enough that a natural progression and adding key pieces might be a solid course to take.

DeMar DeRozan, the team's lone all-star, is under contract for three more years, while the Raptors have young starters Terrence Ross and Jonas Valanciunas tied up for at least three more years. It's seen around the league as a solid base.

"If they get a homecourt seed, they should win a series — they have enough talent," said Oakley, who appeared in three playoff series with the Raptors, including the only one the franchise has ever won. "They're young still, don't get caught up in that. They need to get better."

Kyle Lowry, an emerging leader who is enjoying his best NBA season becomes an unrestricted free agent in July. Ujiri's balancing act will be to spend money wisely and on the right type of complementary player, and that's always a crapshoot.

It's impossible to predict whether he can build on this magical year and turn the Raptors into a legitimate, consistent Eastern Conference contender — but right now, the pieces seem in place to answer Oakley's question in the negative. TORSTAR NEWS SERVICE

Blending talent and time

"Have to make the right moves. Can't just count on young kids."

Former Toronto power forward Charles Oakley on the necessity for the Raptors to add top veteran know-how to a young core.

JV charged with DUI

Raptors centre Jonas Valanciunas has been charged with driving under the influence of alcohol.

- OPP say they began investigating in Wasaga Beach following a report early Monday that a vehicle went through a drive-thru with open beer bottles. Police say officers located the vehicle at a home, where they arrested Valanciunas, 21, alleging he was under the influence of alcohol while driving.

THE CANADIAN PRESS

Agent secret, man?

Reports say Duffy is Wiggins' choice

Canadian Andrew Wiggins has reportedly settled on Bill Duffy as his agent heading toward the NBA draft.

Wiggins, from Vaughan, chose Duffy — who also handles NBA stars Steve Nash, Joakim Noah and Rajon Rondo — over Jay-Z's Roc Nation agency, according to multiple online reports Monday. TORSTAR NEWS SERVICE

NHL

Leafs' long-shot odds get longer with loss of Lupul

Toronto Maple Leafs forward Joffrey Lupul needs knee surgery and will miss the rest of the regular season.

Leafs coach Randy Carlyle said at Monday's practice that Lupul will undergo a meniscus procedure and the recovery time is expected to be three weeks.

The Leafs have three road games left this season and are three points back of Columbus for the last playoff spot in the Eastern Conference.

THE CANADIAN PRESS

Joffrey Lupul will have season-ending surgery on his knee. GETTY IMAGES

Scan the image using your Metro News app to view a photo gallery of Derek Jeter playing his final home opener.

Farewell Jeter tour in full swing

MLB. Yankees captain pleases Bronx crowd in home-opener win against rival Orioles

Derek Jeter rounds third base to score a run for the Yankees against the Orioles on Monday in New York City.
ELSA/GETTY IMAGES

Derek Jeter arrived for his last Yankee Stadium opener fashionably early at 9:35 a.m., attired in a grey suit, white shirt, purple tie and black Prada lace-up shoes.

His performance, if not stylish, was memorable.

Jeter missed a home run by about two feet in Monday's 4-2 win over the Baltimore Orioles. After he left the batter's box slowly leading off the fifth inning, the ball hit off the "8" in the 318-foot sign in the left-field corner and Jeter hustled into second with a headfirst slide.

"I had to pick up the pace a little bit," he admitted. "Yeah, there were some guys laughing — until a couple of them hit some balls and the wind got them, too."

It was a rare mind cramp for a player known for hustle and an unfailing ability to be in the right place.

"Maybe you get caught up in opening day," he said. "You probably haven't seen it, probably won't see it again. But what can you (do)? I was safe. It would be a lot more embarrassing if I was out."

Jeter scored one run, sent another home with a double-play grounder on a 1-for-4 day and was applauded every time he came to bat and fielded a grounder to shortstop.

This was Jeter's first appearance in New York since announcing Feb. 12 that his 20th season will be his last. With the retirements of Jeter's No. 2 and former manager Joe Torre's No. 6 likely, the 48,142 adoring and slightly frosted fans on hand during a cool and overcast afternoon almost surely were the last to witness a single-digit pinstriped uniform on opening day.

Since first coming up to the big leagues in 1995 and establishing himself the following year, Jeter had been model Yankee, continuing the line of greatness that began with Babe Ruth and Lou Gehrig, and was extended by Joe DiMaggio, Berra and Mickey Mantle. He became captain in 2003 and still talks of owner George Steinbrenner instilling the compulsive obsession to win, recalling "if you didn't do your job, the Boss would get rid of you."

Seeing a business bonanza, the Yankees were selling jerseys with Jeter commemorative retirement patches, starting with replicas at $114.99 and going up to $240.99 for authentic models. Steiner Sports was hawking a game-used single cleat for $2,549.99 and game-worn jerseys at up to $25,000.

Jeter didn't have much hope of leaving the ballpark with any mementoes.

"I'm good taking the win," he said, "but Steiner Sports has the rest."

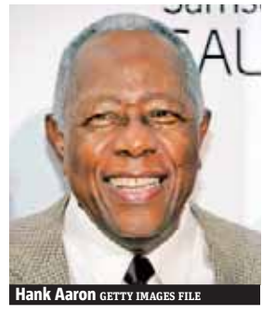
THE ASSOCIATED PRESS

Quoted

"A lot of people get caught up in the disease of 'me.' Derek never fell in that."

Buck Showalter, Derek Jeter's first big-league manager

Hammerin' Hank. Braves to fete anniversary of Aaron's home run record


Hank Aaron GETTY IMAGES FILE

Hank Aaron was more relieved than jubilant after he broke Babe Ruth's home run record on April 8, 1974.

The 40-year anniversary of his 715th homer provides a different perspective.

Aaron's record-breaking homer will be celebrated on Tuesday night before the Atlanta Braves' home opener against the New York Mets.

Hate mail and threats made it impossible for him to savour the chase of Ruth's revered record, but on Monday he said he'll enjoy the anniversary because such old friends as former teammate Dusty Baker will return for the pregame ceremony.

"I guess that's just about what it's all about, really," Aaron said in a telephone interview. "That's it. The moment itself has passed. The home run was hit and whatever else. It's just enjoying some moments with friends."

Aaron, 80, said he is pleased with his recovery from partial left hip-replacement surgery in February. He hurt his hip when he slipped on ice and said he's still in rehab, but can walk. THE ASSOCIATED PRESS

Drake. Raptors' global ambassador making noise the city can applaud

CATHAL KELLY
toronto@metronews.ca

Outside of this city — and for many inside it as well — giving Drake the job of Raptors' global ambassador was stunt casting.

On the day he was revealed at an ACC press conference, he soaked up all the light in the room — always a bad sign for future calm waters.

But six months after what should have been a fun PR goof, Drake continues to double down on his sports pledge.

Buoyed by his formal connection to a pro team, he is becoming America's most famous fan. As such, he is also becoming America's most hated fan — because the two things go together.

The problem with Drake, from America's perspective, is this suspicious level of Canadianness. As someone with pull and the evident will to use it, he is getting a little too close to the main source.

Eventually — and the moment is coming soon — Drake will become an American villain. The first time a major star with choices picks Toronto over L.A., we're going to hear a lot about tampering. That story's coming soon.

FOR MORE OF CATHAL KELLY ON DRAKE'S IMPACT IN SPORTS, GO TO METRONEWS.CA/VOICES

Tuesday, April 8, 2014

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Horoscopes

♈ Aries
March 21 - April 20
It's not always easy to get along with other people and today's Sun-Mars aspect will challenge you to be more accepting. From other people's point of view you are often the one making too much noise.

♉ Taurus
April 21 - May 21
It may seem as if your time and energy has been wasted but that's not true. By the end of the week you will realize you have gained in unexpected ways.

♊ Gemini
May 22 - June 21
Don't cling to ideas that are well past their sell-by date. They may seem comfortable now but later on they will hold you back. Time never stands still, and nor should you.

♋ Cancer
June 22 - July 23
It may at times appear as if life is conspiring against you but you know that isn't true. Most likely your negative thoughts are attracting negative events. Look for reasons to be cheerful today.

♌ Leo
July 24 - Aug. 23
Do you like a challenge? Of course you do. If you want to remain a contender, especially on the work front, you will need to up your game over the next two or three days. Winning is everything.

♍ Virgo
Aug. 24 - Sept. 23
Because you have something to prove you won't hesitate to make things happen over the next 24 hours. Not everyone will be happy that you have disturbed the status quo but for you it will be worth it.

♎ Libra
Sept. 24 - Oct. 23
Creative endeavors are under excellent stars, so if there is an artistic project you want to get started on don't wait. There is no such thing as the perfect time – the present moment is all you ever have.

♏ Scorpio
Oct. 24 - Nov. 22
Try not to take what you see and hear personally today, not even if others make it personal. Sometimes it's better to let annoying issues sail over your head.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets indicate the more you are on the move the more likely it is you will meet new people and learn new things — and knowledge is the basis of real power.

♑ Capricorn
Dec. 22 - Jan. 20
Interesting opportunities are opening up but they will bring an increase in responsibilities too. You only have so much time and energy to spare, so use them carefully.

♒ Aquarius
Jan. 21 - Feb. 19
The efforts you have put in over the past few months will pay off in a big way eventually, so don't get disheartened if it seems you are not making much progress. A great transformation is taking shape.

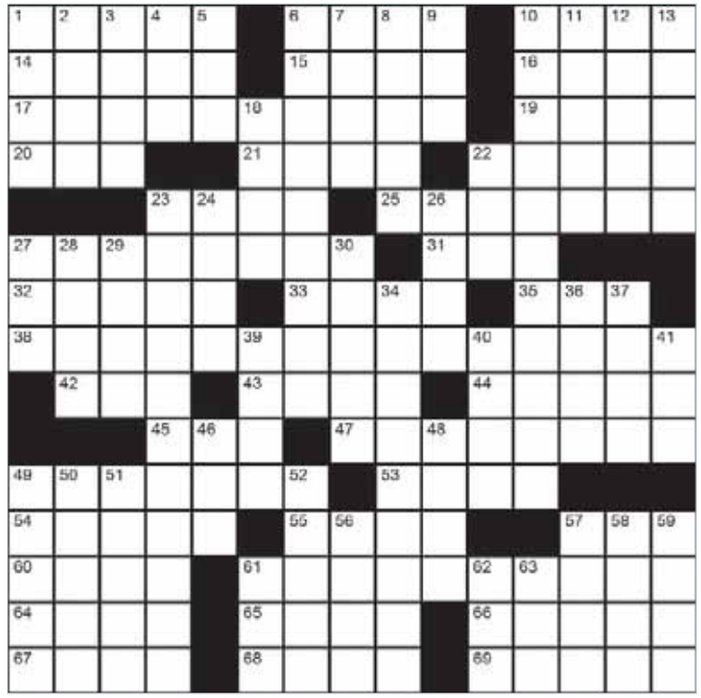
♓ Pisces
Feb. 20 - March 20
If someone needs your help today you will give it. However, after you have saved them yet again let them know you are tired of riding to the rescue. They need to take responsibility for themselves.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

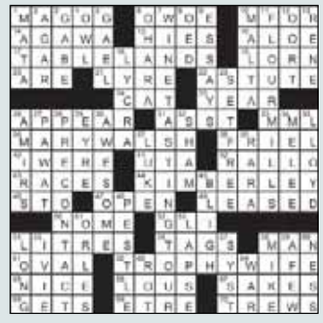
BY KELLY ANN BUCHANAN



Across
1. Caterpillar, for example
6. Ring stone
10. Baseball cheers-getters
14. Duck
15. I like = J'__
16. "In _ __!" (I'm almost done!)
17. "North of 60" is an item on this Canadian singer/actor's resume: 2 wds.
19. Moon goddess
20. She's a sheep
21. Panache
22. 19th-century French composer, Georges __
23. Susan Aglukark's "__ Na Ho (Celebration)"
25. 'Colored Sands' technical death metal band from Quebec
27. __ Bay, N.S.
31. Brit's bathroom
32. Poison
33. Twofold
35. Ms. Vardalos
38. Measurers of public support in politics: 2 wds.
42. 'S' in SPCA [abbr.]
43. "__ __ sure you're aware..."
44. The __ (International Court of Justice site)
45. Enterprise's letters
47. France/Spain mountains
49. __ Salamander (Eastern Canada creature)
53. Mr. Stiller's
54. Garbage
55. Land unit
57. Mr. Kilmer
60. Strait of Belle __
61. Montreal __ __ (Pantry item)
64. Prophet
65. "The __ Wing"
66. Elliptical path
67. __ d'oeuvre
68. Ballpark figs.
69. Requires

Down
1. Behind
2. Affirm
3. Eternal City
4. Vikram __ (Celebrity chef based in Vancouver)
5. U.S. tooth doc's org.
6. MLB team in Calif., __ _'_
7. Tower of note
8. In with
9. "Dancing with the Stars" middle-chair judge
10. Halifax people
11. Vehicles-manufacturing company based in Tokyo
12. Dogma
13. Sings a bit of jazz
18. Wrestler, John __
22. Richie, to Joanie [abbr.]
23. Canadian coiffure chain, First Choice __
24. "There __ __ time left."
26. Stewpot
27. Harper Valley gr.
28. Crops
29. Montreal baseball player, once
30. Spring flower
34. Soldiers' kids, colloquially: 2 wds.
36. William __ (1953 Pulitzer-winning playwright for Picnic)
37. Chill
39. Flowers displayer
40. Subsequently
41. Author Ms. Hinton's
46. Sault __. Marie, ON
48. Stink
49. Basketball-in-basket sound
50. Lovely stroll
51. Saskatchewan town
52. Schedule times
56. "__ magnifique!"
57. Feeling
58. __-tongued
59. Permits
61. Stockholm is its cap.
62. Ben, to Brian
63. __-game show

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5					9	3	7	
	1			5		6	8	
8			3					5
				9			4	7
		1				5		
2	8			3				
3					1			9
	5	4		2			6	
	6	9	8					4

Yesterday's Sudoku

1	3	9	8	4	5	6	7	2
4	8	6	2	1	7	3	9	5
5	2	7	3	6	9	4	8	1
7	4	1	6	2	8	9	5	3
2	5	3	4	9	1	8	6	7
9	6	8	7	5	3	1	2	4
8	7	2	1	3	6	5	4	9
3	9	4	5	8	2	7	1	6
6	1	5	9	7	4	2	3	8

Today
9°/-1°
Showers

Wednesday
6°/1°
Partly cloudy

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Union Pearson Express Electrification Environmental Assessment

NOTICE OF COMPLETION
Environmental Project Report

THE PROJECT

Metrolinx has completed an Environmental Project Report (EPR) in accordance with *Ontario Regulation 231/08* for the Union Pearson (UP) Express Electrification project.

Metrolinx is proposing to electrify the UP Express service beginning at the future UP Express Union Station in the City of Toronto and terminating at the future UP Express Pearson Station (at Terminal 1, Toronto Pearson International Airport) in the City of Mississauga. The project involves the electrification of approximately 25 kilometres of track along the Union Station GO Rail Corridor and Kitchener GO Rail Corridor to Highway 427, where the route then follows the new UP Express spur line (under construction) into Pearson Airport (see key map below). The purpose of the project is to convert the UP Express service from diesel to electric power, which will be achieved through a Traction Electrification System that will provide electrical power to the trains by means of a power distribution system. An Overhead Contact System (wiring system) will be suspended from a number of support structures (i.e. portals, cantilevers) placed along and over the track. Two paralleling stations and a new maintenance facility are also required. In addition, a separate Environmental Assessment study is being carried out by Hydro One for the proposed Traction Power Substation, in accordance with the *Class EA for Minor Transmission Facilities*.

Electrification of the UP Express is part of *The Big Move*, Metrolinx's regional transportation plan, which will dramatically improve how people move in the Greater Toronto and Hamilton Area. Funding for electrification is dependent on the Metrolinx Investment Strategy.

THE PROCESS

The environmental impact of this transit project was assessed and an Environmental Project Report prepared in accordance with the Transit Project Assessment Process (TPAP) as prescribed in *Ontario Regulation 231/08, Transit Projects and Metrolinx Undertakings*.

The EPR for the UP Express Electrification project is now available for a 30-day review period starting **April 1, 2014** on the project website (**http://www.gotransit.com/electrification/en/default.aspx**) and at the following locations:

Ministry of the Environment
Environmental Approvals Branch
2 St. Clair Avenue West
Floor 12A
Toronto, ON M4V 1L5
tel: 416-314-8001 or
1-800-461-6290
Monday to Friday: 8:30 a.m. – 5:00 p.m.

Ministry of the Environment
Central Region Office
5775 Yonge Street
Place Nouveau, 8th Floor
Toronto, ON M2M 4J1
tel: 416-326-1825
Monday to Friday: 9:00 a.m. – 4:30 p.m.

Metrolinx/GO Transit
20 Bay Street
Suite 600
Toronto, ON M5J 2W3
tel: 416-874-5910
Monday to Friday: 8:00 a.m. – 4:30 p.m.

Richview Public Library
1806 Islington Avenue
Toronto, ON M9P 3N3
tel: 416-394-5120
Monday to Friday: 9:00 a.m. – 8:30 p.m.
Saturday: 9:00 a.m. – 5:00 p.m.
Sunday: 1:30 p.m. – 5:00 p.m.

Parkdale Public Library
1303 Queen Street West
Toronto, ON M6K 1L6
tel: 416-393-7686
Monday to Friday: 9:00 a.m. – 8:30 p.m.
Saturday: 9:00 a.m. – 5:00 p.m.
Sunday: 1:30 p.m. – 5:00 p.m.

City of Toronto
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Toronto City Hall
100 Queen Street West
13th Floor, West
Toronto, ON M5H 2N2
tel: 416-392-8016
Monday to Friday: 8:30 a.m. – 4:30 p.m.

Weston Public Library
2 King Street
Toronto, ON M9N 1K9
tel: 416-394-1016
Monday, Wednesday, Friday: 10:00 a.m. – 6:00 p.m.
Tuesday, Thursday: 12:30 p.m. – 8:30 p.m.
Saturday: 9:00 a.m. – 5:00 p.m.

Mount Dennis Public Library
1123 Weston Road
Toronto, ON M6N 3S3
tel: 416 394-1008
Monday, Wednesday, Friday: 10:00 a.m. – 6:00 p.m.
Tuesday, Thursday: 12:30 p.m. – 8:30 p.m.
Saturday: 9:00 a.m. – 5:00 p.m.

Perth/Dupont Public Library
1589 Dupont Street
Toronto, ON M6P 3S5
tel: 416-393-7677
Wednesday, Friday: 10:00 a.m. – 6:00 p.m.
Tuesday, Thursday: 12:30 p.m. – 8:30 p.m.
Saturday: 9:00 a.m. – 5:00 p.m.

Interested persons are encouraged to review this document and provide comments by **April 30, 2014** to:

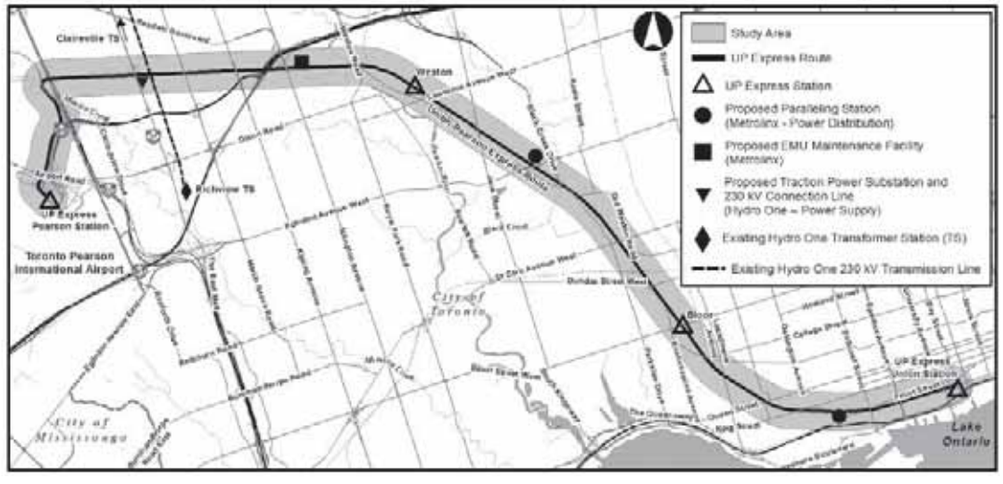
Karen Pitre
Executive Director, Electrification
Metrolinx-GO Transit
20 Bay Street, Suite 600
Toronto, ON M5J 2W3
tel: 416-874-5910
e-mail: Karen.Pitre@metrolinx.com

There are circumstances where the Minister of the Environment has the authority to require further consideration of the transit project or impose conditions on it. These include if the Minister is of the opinion that:

- The transit project may have a negative impact on a matter of provincial importance that relates to the natural environment or has cultural heritage value or interest; or
- The transit project may have a negative impact on a constitutionally protected Aboriginal or treaty right.

Before exercising the authority referred to above, the Minister is required to consider any written objections to the transit project that he or she may receive within 30 days after the Notice of Completion of the Environmental Project Report is first published.

If you have discussed your issues with the proponent and you object to the project, you can provide a written submission to the Minister of the Environment by no later than April 30, 2014 to the address provided below. All submissions must clearly indicate that an objection is being submitted and describe any negative impacts to matters of provincial importance (natural/ cultural environment) or Aboriginal rights.


Study Area
UP Express Route
UP Express Station
Proposed Paralleling Station (Metrolinx - Power Distribution)
Proposed EMU Maintenance Facility (Metrolinx)
Proposed Traction Power Substation and 230 kV Connection Line (Hydro One – Power Supply)
Existing Hydro One Transformer Station (TS)
Existing Hydro One 230 kV Transmission Line
Weston
Richview TS
UP Express Pearson Station
Toronto Pearson International Airport
City of Toronto
City of Mississauga
Lake Ontario

Environmental Approvals Access and Service Integration Branch
Ministry the Environment
Attention: Adam Sanzo, Project Officer
2 St. Clair Avenue West, Floor 12A
Toronto, ON M4V 1L5
tel: 416-314-8001 or 1-800-461-6290
fax: 416-314-8452
e-mail: EAASIBGen@ontario.ca

If not already provided, a copy of the objection will be forwarded to the proponent by the ministry.

All personal information included in a submission such as name, address, telephone number and property location is collected, maintained and disclosed by the Ministry of the Environment for the purpose of transparency and consultation. The information is collected under the authority of the *Environmental Assessment Act* or is collected and maintained for the purpose of creating a record that is available to the general public as described in s. 37 of the *Freedom of Information and Protection of Privacy Act*. Personal information you submit will become part of a public record that is available to the general public unless you request that your personal information remain confidential. For more information, please contact the Project Officer or the Ministry of the Environment's Freedom of Information and Privacy Coordinator at 416-327-1434.

This notice was first published on April 1, 2014.

Pour plus de renseignements, veuillez composer le 416 869-3200 ou le 1 888 GET-ON-GO (438-6646).